

Understanding Saum

Lesson 1 - Introduction to Saum

| Question Number | Question | Answer Page |
|--------------------|--|----------------|
| 1 | What does <i>Saum</i> mean? | 6 |
| 2 | What does fasting mean? | 6 |
| 3 | Why is making an intention of fasting important? | 6 |
| 4 | What is another Arabic word for fasting? | 6 |
| 5 | Is it necessary to verbally express the intention of fasting? | 6 |
| 6 | What is As-Subhus Sadiq? | 6 |
| 7 | What is the English word for As-Subhus Sadiq? | 6 |
| 8 | Aswell as the fast starting, what also happens at As-Subhus Sadiq? | 6 |
| 9 | Aswell as breaking their fast, what else do Muslims perform at sunset? | 6 |
| 10 | What is Suhoor? | 6 |
| 11 | What type of act is Suhoor in Islam? | 6 |
| 12 | Why is eating Suhoor important? | 6 |
| 13 | What is the difference between the fasting of the Muslims and that of the Jews and Christians? | 7 |
| 14 | What is <i>Iftaar</i> ? | 7 |
| 15 | What does <i>Mustahabb</i> mean? | 7 |
| 16 | When is it Mustahabb to consume Iftaar? | 7 |
| 17 | What items should a person break their fast with? Explain. | 7 |
| 18 | Which two Duas would Our Prophet 🗆 recite after breaking his fast? | 7 |

Lesson 2 - The Purpose of Fasting

| 19 | What is the main purpose of fasting? | 10 |
|----|---|----|
| 20 | What is the meaning of <i>Taqwa</i> ? | 10 |
| 21 | Fasting helps a person develop self-discipline. | 10 |
| | How does this help a Muslim? | 10 |
| 22 | How should fasting help change our behaviour towards poor people? | 10 |
| 22 | Explain your answer. | 10 |
| • | Fasting helps promote community spirit. | 10 |
| 23 | What does this mean? | 10 |
| 24 | Fasting helps a person appreciate the value of food. | 10 |
| 24 | If a person values food, what will they not do? | 10 |



Lesson 3 - The Categories of Saum

| 25 | Explain the term <i>Fardh</i> and <i>Waajib</i> . | 12 |
|----|--|----|
| 26 | What is the difference between Fardh and Waajib? | 12 |
| 27 | Explain the term Sunnah. | 12 |
| 28 | Explain the term <i>Mustahabb.</i> | 12 |
| 29 | Explain the term <i>Makrooh</i> . | 12 |
| 30 | Explain the term Haraam. | 12 |
| 31 | Give two examples of the 'Fardh' category of fasting. | 13 |
| 32 | Give two examples of the 'Waajib' category of fasting. | 13 |
| 33 | Give an example of a fast that becomes Waajib due to a person making | 13 |
| 55 | a specific vow. | 13 |
| 34 | Give an example of a fast that becomes Waajib due to a person making | 13 |
| 54 | a non-specific vow. | 13 |
| 35 | What is the difference between a <i>specific vow</i> and a <i>non-specific vow</i> ? | 13 |
| 36 | Give an example of the 'Sunnah' category of fasting. | 13 |
| 37 | On which five days of the year is it <i>Haraam</i> to fast? | 13 |
| 38 | Why do you think it is Haraam to fast on both Eid days? | 14 |

Lesson 4 - The Figh of Fasting

| 39 | Mention any five acts that do not break a person's fast. | 16 |
|----|---|----|
| 40 | Mention, in detail, the rules regarding swallowing saliva whilst fasting. | 16 |
| 41 | What does "vomiting intentionally" mean? | 16 |
| 42 | What does "vomiting unintentionally" mean? | 16 |
| 43 | Mention, in detail, the rules regarding using toothpaste and mouthwash | 16 |
| 45 | whilst fasting. | 10 |
| 44 | What is the meaning of <i>Qadhaa'</i> ? | 17 |
| 45 | What should a person not do to their Qadhaa' fasts? | 17 |
| 46 | What is the meaning of <i>Kaffaarah</i> ? | 17 |
| 47 | Mention any three acts which make Qadhaa' necessary. | 18 |
| 48 | What does "vomiting <i>a mouthful</i> " mean? | 18 |
| 49 | What makes Qadhaa' and Kaffaarah necessary? | 18 |
| | Our Prophet 🗆 said, "Deliberately missing one fast of Ramadhan | |
| 50 | (without a valid reason) cannot be compensated for, even by keeping | 18 |
| 50 | fast for an entire lifetime." | 10 |
| | What does this Hadith mean? | |



Lesson 5 - What is Kaffarah?

| 51 | Why does Kaffaarah exist in Islam? | 19 |
|----|---|----|
| 52 | List the three acts of Kaffarah in detail and in the correct order. | 19 |
| 53 | Which fast does Kaffaarah only apply to? | 19 |

Lesson 6 - Fasting in Ramadhan

| 54 | What has Allah said in the Qur'aan about fasting? | 22 |
|----|--|----|
| 55 | When Ramadhan comes, what happens to Heaven? | 22 |
| 56 | When Ramadhan comes, what happens to Hell? | 22 |
| 57 | When Ramadhan comes, what happens to the Shayaateen? | 22 |
| 58 | How many doors does Jannah have? | 22 |
| 59 | What is <i>Rayyan</i> ? Explain your answer. | 22 |
| 60 | In the eyes of Allah, what is the smell from the mouth of a fasting person like? | 22 |
| 61 | What did Our Prophet say the people would wish for if they found out about the blessings and virtues of Ramadhan? | 22 |
| 62 | What is the reward for performing a Nafl act in Ramadhan? | 22 |
| 63 | What is the reward for performing a Fardh act in Ramadhan? | 22 |
| 64 | When was fasting in Ramadhan made compulsory? | 23 |
| 65 | Prior to the fast of Ramadhan, which fasts were compulsory on the Muslims? | 23 |
| 66 | Now, what is the ruling of the fasts which were compulsory before the fast of Ramadhan? | 23 |
| 67 | What is the ruling of fasting in Ramadhan? Explain in detail. | 23 |
| 68 | Who is fasting compulsory on? Mention the three conditions. | 23 |
| 69 | List the five categories of people who are excused from fasting. Give an explanation for each category. | 24 |
| 70 | When their excuse no longer remains, what must these people do about their missed fast? | 24 |
| 71 | What can the elderly, long term ill etc do if they are too ill and weak to even make Qadhaa'? | 24 |
| 72 | What is the monetary compensation called, which is paid by the elderly and long term ill, if they are too ill and weak to even make Qadhaa'? | 24 |
| 73 | How much, per fast, is given by the elderly and long term ill, if they are too ill and weak to even make Qadhaa'? | 24 |
| 74 | What is <i>Fidyah</i> ? Explain in detail. | 24 |



Al-Ansaar Welfare & Education Madrasah Tajweedul Guran

Lesson 7 - Starting Ramadhan

| 75 | List the 12 Islamic months. | 27 |
|----|---|----|
| 76 | How many days are there in an Islamic month? | 27 |
| 77 | How is the start of the month determined in Islam? | 27 |
| 78 | What is the <i>Hilal</i> ? | 27 |
| 79 | Which direction do the edges of the Hilal point towards? | 28 |
| 80 | What is the lunar calendar based on? | 28 |
| 81 | What is the solar calendar based on? | 28 |
| 82 | Do Muslims follow the lunar or solar calendar? | 28 |
| 83 | How many days are there in a lunar year? | 28 |
| 84 | How many days are there in a solar year? | 28 |
| 85 | Why is it not possible to sight the Hilal for a few months of the year in the UK? | 29 |
| 86 | For the other months, when it is possible to sight the Hilal in the UK, what prevents it from being seen at times? | 29 |
| 87 | How should the Muslims in the UK start their month? Explain your answer. Mention both stages and the difference of opinion. | 29 |

Lesson 9 - Fasting in the UK

| 88 | As the UK is far from the equator, what effect does this have on the length of the days and nights in winter and summer? | 34 |
|----|--|----|
| 89 | When are fasts longer in the UK, in the summer or winter? | 34 |
| 90 | Which countries experience similar length of days and nights throughout the year? | 34 |
| 91 | Why do these countries not experience huge differences in the length of fasts in summer and winter? | 34 |

Lesson 10 - Practical Guidelines for Fasting in the UK

| 47 | Mention any two steps we can take to ensure that we do not harm our health by fasting. | 35 |
|----|--|----|
| 93 | Why should we avoid all types of junk food in Ramadhan? | 35 |



Al-Ansaar Welfare & Education Madrasah Tajweedul Quran

Lesson 11 - Taraweeh

| 94 | What is Taraweeh? | 37 |
|-----|--|----|
| 95 | How many Raka'aat are there in Taraweeh? | 37 |
| 96 | How many Raka'aat at a time is Taraweeh performed? | 37 |
| 97 | What is it Sunnah to complete, in Taraweeh, during the course of Ramadhan? | 37 |
| 98 | What type of act is Taraweeh in Islam? What does this mean? | 37 |
| 99 | Between which two Salaah is Taraweeh performed? | 37 |
| 100 | Where do men and women perform their Taraweeh? | 37 |
| 101 | Relate the history of Taraweeh prayers. | 37 |

Lesson 12 - l'tikaaf

| 102 | What is I'tikaaf ? | 39 |
|-----|---|----|
| 103 | What is the name of a person who performs I'tikaaf? | 39 |
| 104 | Where is I'tikaaf performed? | 39 |
| 105 | Where can women perform l'tikaaf? | 39 |
| 106 | What is the reward of performing l'tikaaf in the last ten days of Ramadhan? | 39 |
| 107 | On which days is l'tikaaf performed in Ramadhan? Explain. | 39 |
| 108 | I'tikaaf is Sunnat e Muakkadah. What does this mean? | 39 |
| 109 | Why is it important that atleast one person from the community performs l'tikaaf? | 40 |
| 110 | For which 4 things is a Mu'takif allowed to leave the Masjid ? | 40 |
| 111 | What will happen if a Mu'takif leaves the Masjid without a vaild reason? | 40 |
| 112 | Mention any three acts that should be performed in I'tikaaf. | 40 |
| 113 | Which type of Masjid can I'tikaaf only be performed in? | 41 |
| 114 | List, in order, the most rewarding Masjid to perform I'tikaaf in. | 41 |
| 115 | On which three occasions is a Mu'takif allowed to break their I'tikaaf? | 41 |



Al-Ansaar Welfare & Education Madrasahi Tajweedul Quran

Lesson 13 - Laylatul Qadr

| 116 | What is Laylatul Qadr? | 44 |
|-----|--|----|
| 117 | When does Laylatul Qadr occur? | 44 |
| 118 | Why did Our Prophet used to perform I'tikaaf in the last 10 days of Ramadhan? | 44 |
| 119 | Many people think that Laylatul Qadr occurs on the 27 th night of Ramadhan. What is the consequence of this mistake? | 44 |
| 120 | What is the name of the Surah, in the Qur'aan, which discusses the Night of Power? | 45 |
| 121 | "We revealed it (the Qur'aan) in the Night of Power." What does this mean? | 45 |
| 122 | "And do you know what the Night of Power is?" Why does Allah ask this question? | 45 |
| 123 | "The Night of Power is better than one thousand months." What does this mean? | 45 |
| 124 | "The angels and the "Rooh" (Jibril 6) descend in it, with the permission of their Lord, along with every decree." What does this mean? | 45 |
| 125 | "It (the night) is peace, until the appearance of dawn." What does this mean? | 45 |
| 126 | Who specifically was Laylatul Qadr introduced for? | 46 |
| 127 | What has Our Prophet \Box said is the reward for a person who "worships Allah on the Night of Power as a believer and having faith in the reward promised by Allah"? | 46 |
| 128 | What Duaa' did Our Prophet 🗆 teach Aa'ishah ් to pray on Laylatul Qadr? | 46 |



| 129 | What does <i>Eidul Fitr</i> mean? | 49 |
|-----|--|---------|
| 130 | When is Eidul Fitr celebrated? | 49 |
| 131 | Why is Eidul Fitr celebrated? | 49 |
| 132 | What does <i>Eidul Adha</i> mean? | 49 |
| 133 | When is Eidul Adha celebrated? | 49 |
| 134 | What does Eidul Adha commemorate/remember? | 49 |
| 135 | What is <i>Laylatul Jaaizah</i> ? | 49 |
| 136 | What special favour of Allah occurs on Laylatul Jaaizah? | 49 |
| 137 | Mention any five Mustahabb acts of Eid ul Fitr. | 49 & 50 |
| 138 | Recite Takbeerut Tashreeq. | 50 |
| 139 | How many Raka'aat are there in Eid Salaah? | 50 |
| 140 | What extra things are done in Eid Salaah? | 50 |
| 141 | What happens after Eid Salaah? | 50 |
| 142 | What two things are not given for Eid Salaah? | 50 |
| 143 | What is the time for Eid Salaah? | 50 |
| 144 | Carry out a practical demonstration of Eid Salaah. | 50 |

Lesson 15 - Sadaqat ul Fitr

| 145 | What is <i>Sadagatul Fitr</i> ? | 51 |
|-----|--|----|
| 146 | What is the ruling of Sadaqatul Fitr? | 51 |
| 147 | Who has to give Sadaqatul Fitr? | 51 |
| 148 | Who is a man expected to give Sadaqatul Fitr on behalf of? | 51 |
| 149 | If a person's 'young' children possess wealth equal to Nisaab, where | 51 |
| | should the Sadaqat ul Fitr be taken out from? | |
| 150 | Who is a man not required to give Sadaqatul Fitr on behalf of? | 51 |
| 151 | How much is given in Sadaqatul Fitr? | 51 |
| 152 | Why is Sadaqatul Fitr given? | 51 |
| 153 | Why should Muslims try to give Sadaqatul Fitr a few days before Eid? | 51 |



Lesson 16 - Eidul Adha & Udhiyah

| 154 | Unlike on Eidul Fitr, why is it <i>Mustahabb</i> to delay eating on <i>Eidul Adha</i> until after Eid Salaah? | 54 |
|-----|---|----|
| 155 | What is Udhiyah? | 54 |
| 156 | Why is Udhiyah carried out? | |
| 157 | Who is Udhiyah Wajib on? | 54 |
| 158 | On which days can Udhiyah be carried out? | 54 |
| 159 | For each of the following animals, explain the minimum age and shares allowed: 1. Goat and sheep 2. Cow and buffalo 3. Camel | 55 |
| 160 | The animal chosen for Udhiyah should be healthy. What physical defects should it be free from? | 55 |
| 161 | What is the preferable method of distributing the Udhiyah meat? | 55 |
| 162 | Where can the Udhiyah be carried out? | 55 |
| 163 | What is the benefit of carrying out Udhiyah in a poor country? | 55 |